



KIDS!

Always wear your helmet when
you're riding your bike, skateboard
or participate in other wheeled sports.


PARENTS!

Set a good example for your kids
and others – Wear your helmet!



EVERYONE!

Be A Leader...Wear your helmet
...every time!



Of the 93 reported bike related injuries in 2002
and 2003, 48% were children between the ages
of 6 and 15 and **only 8%** were wearing helmets.

Source: Moses H. Cone Memorial Hospital Trauma Registry Department

National SAFE KIDS estimates that 85 percent of fatal head injuries
among children could be prevented by wearing a bicycle helmet.

**North Carolina law requires that every person under 16 years old wear an
approved bicycle helmet when riding a bicycle on any public road, public
path, or other public right-of-way.**

SAFE
Guilford
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MOSES CONE HEALTH SYSTEM

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